



APRIL IS ALCOHOL AWARENESS MONTH

ALCOHOLIC BEVERAGES DIVISION
State of Iowa
IowaABD.com

BE INFORMED



38% Among those who were given, rather than purchased, alcohol, the most common source was an unrelated person age 21 or older.

Underage alcohol use can cause alterations in the structure and function of the brain, which continues to mature into the mid to late twenties, and may have long term consequences.



Alcohol is a factor in the deaths of approximately **4,700** young people in the United States per year, shortening their lives by an average of 60 years.

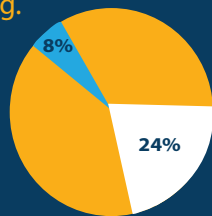


Take our online alcohol training program, Iowa Program for Alcohol Compliance Training.
I-PACT.com

It takes 20 minutes to take your kids to school; use **5** of those to talk with them about underage drinking.



8% of high school students reported driving a car one or more times when they had been drinking.



24% Reported riding in a car driven by someone who had been drinking.

Parents are the leading influence in their kid's decision to drink - or not to drink - alcohol.

“PEOPLE WHO START DRINKING BEFORE AGE 15 ARE **5X** MORE LIKELY TO DEVELOP ALCOHOL DEPENDENCE OR ABUSE LATER IN LIFE”

ADOLESCENTS AND PARENTS

KNOW YOUR LIMITS

Alcohol affects people differently based on: gender, weight, age, type and number of drinks consumed, and time elapsed.

HOW DOES ALCOHOL AFFECT YOU?

FEMALE

23 YEARS OLD
5'5" 120 LBS.



MALE

26 YEARS OLD
5'11" 180 LBS.



4 DRINKS



GLASSES OF WINE

4 DRINKS



BEERS

.13 BAC

SHE WILL RETURN TO .00 BAC IN

9 HOURS 35 MINUTES

.07 BAC

HE WILL RETURN TO .00 BAC IN

6 HOURS 10 MINUTES

OWI will cost an offender nearly **\$9,000**

These different amounts of alcohol have roughly the same effect on you.



12 OZ. BEER

5 OZ. WINE

1.5 OZ. LIQUOR

Calculate Your Alcohol Intake

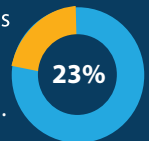
Get the free mobile app for your phone

IowaABD.com/CALCohol



In 2011 **ONE IN THREE** Traffic deaths involved alcohol.

In 2011, **83** people died in drunk driving crashes, accounting for 23% of traffic deaths that were drunk driving related in Iowa.



Parents are the most important driving instructors for teens.

161 Impaired driving arrests are made every hour in the U.S., one person still dies every **51** minutes because someone chose to drive drunk.



Alcohol related deaths decreased 2.4% from 2011 to 2012.

2.4%

The number of Iowans arrested for first time operating while intoxicated offenses increased.

TEENAGE DRIVERS